

# Blood Pressure Program

**Blood Pressure  
Assessment**

**Body Mass Index**

**Diabetes Risk  
Assessment**



**Health Education  
Stress  
Nutrition**

**Community  
Health Resources**

**Join Us for Free**

<b>First Monday</b> <b>9:00 A.M. -12:00 P.M.</b> <b>Aladdin Senior</b> <b>Housing</b> <b>2 Aladdin Avenue</b>	<b>Second &amp; Fourth</b> <b>Monday</b> <b>9:00 A.M.-12:00 P.M.</b> <b>Dumont Borough Hall</b> <b>50 Washington Avenue</b>	<b>Third Monday</b> <b>9:00 A.M.-12:00 P.M.</b> <b>Dumont Senior</b> <b>Center</b> <b>39 Dumont Avenue</b>
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For further information please call the  
Health Awareness Regional Program of HackensackUMC  
(551) 996-2038